



## **Cadet 5<sup>th</sup> Kyu - Purple belt:**

1. Sanbon Tsuki x 3 Mawatte & rpt
2. Age Uke, Gyaku Tsuki, x 3 Forward / Backwards
3. Soto Uke, empi uchi x 3 Forward / Backwards
4. Uchi Uke, Kizame Tsuki, Gyaku Tsuki
5. Shuto Uke, front leg mae geri, nukite Forward / Backwards
6. Mae ren geri (changing legs) x 3 Mawatte & rpt
7. Mawashi geri chudan x 3 Mawatte Jodan
8. Yoko geri Keage x 3 Mawatte & rpt
9. Yoko geri kekomi x 3 Mawatte & rpt

## **KATA:**

Heian Yondan

## **KUMITE:**

**Seme Waza:** Oi Tsuki Jodan, Oi Tsuki chudan, Mae Geri Chudan

**Uke Waza:** Age Uke, Soto Uke, Uchi Uke, Gedan Barai with Gyaku Tsuki counters only

*(Left side then right side)*